

## THE VOICES OF ATTRITION

Poems of Hearing Voices , Entity Attachment  
and the Dangers of Channeling Spirits

- B. Edwards

1.

## IN DARK SILENT ROOMS

Last night didn't go that bad  
this entity attachment  
the female voice that I hear  
that calls herself Crystal  
didn't shout in my ears  
like had occurred the night before

yet there was a point  
when she seemed to respond angrily  
to something that I was thinking

I felt the physical sensations  
start up intensely all of a sudden  
and her voice became louder  
and clearer from out of the darkness

there seemed an angeriness  
about it all

I don't remember exactly what is was  
that I was thinking  
I was more than half-asleep

but I could just tell  
that she was reacting here  
to what I had been thinking  
it was just obvious to me

which showed to me yet again  
that she was listening

even in the middle of the night  
in dark silent rooms  
in this kind of situation.....  
privacy is an illusion

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- 2/22/2021

2.

## EXISTING ON THIS PLANET

This evening  
as I was driving  
just leaving work  
on my way home  
on a rainy.....cold  
day in February

I heard the voice  
the one that calls herself Crystal  
say something like

"all we want is to exist on this planet"

almost immediately  
I thought to myself

"that's fair enough I guess"  
"but why can't you do it a little more quietly?"

why can't she exist on this planet  
without all the constant chattering in the background?

why all the insults and critical statements?  
what does that have to do  
with simply existing on this planet?

why the intrusions and harassment  
when I'm trying to fall asleep at night?

what does inflicting sleep deprivation on me  
have to do with living on this planet?

what does shouting in my ears  
in the middle of the night  
causing me to feel strange eerie sensations  
and hitting me with bad dreams  
have to do with simply existing on this planet?

until I get some satisfactory answers  
I'm just going to call this statement of Crystal's  
debunked

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- 2/22/2021

## ASTRAL BULLIES

Invisible astral bullies  
I don't need to take their shit

they act tough and powerful  
all the while staying  
nice and safe  
nice and hidden  
on some astral plane

they don't show up  
they don't materialize  
to back up their talk  
and their claims

they sometimes threaten to me  
that they will do such and such  
but they never do

or they do for just  
a few brief moments

or they'll partially materialize  
but are still invisible

it's never enough  
to settle things one on one

like most bullies  
they're mostly full of talk

they resort to mind games  
and messing with peoples heads

and that's just like them  
that's their modus operandi

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- 2/22/2021

11:22 AT NIGHT

It's now 11:22 at night  
I'll be going to bed soon

time to face the storm  
though perhaps I should be  
more optimistic

I suspect that this voice  
will try and cause  
some kind of a disturbance

whether it's ceaseless chattering  
or causing me to feel  
physical sensations and a presence  
or a mix of both  
as is most often the case

recently there's been some nights  
when things were relatively calm

but more often than not still  
there's some kind of disturbance taking place

this being.....this spirit or entity  
doesn't like to waste opportunities  
to be the center of attention it seems

so I guess I'll find out soon enough  
what the rest of the night will bring

I'd say that for the most part  
I've taken back the day from this entity  
but the night  
the night is a whole different story

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- 2/22/2021

A 20 YEAR OLD DREAM

This afternoon  
just as I was finishing up at work  
I heard the female voice (Crystal)  
say something like

"as to the question of my identity  
I was created from a dream you had 20 years ago"

"when you are dreaming  
you are creating things on the astral plane"

my first reaction  
was to simply ponder this over  
for a few moments

I don't believe  
that I've heard this voice  
use this one before

I'm mean I've heard her say  
so many different things  
about her identity and her origins  
it's impossible for me  
to keep track of them all

I mean she's got all kinds  
of claims and stories about her identity

there's the one about her being the spirit  
of an asylum patient in the 1980's

then there's the one  
about her being a spirit  
from the 19th Century

then there's the one  
about her being Lucifer's Lieutenant  
that was one she used quite a lot  
back in the beginning  
and she still puts on that mask from time to time

6.

and then she's made a whole bunch of claims  
about being some kind of alien  
or extraterrestrial as she's often saying  
she also uses the term astral being quite a lot

and she goes off in all directions  
with these alien ones

and a lot of the time  
she doesn't even elaborate  
about her identity all that much  
she simply says that she's a superior being  
and I'll tell you  
she says it like she means it

she doesn't hold back  
about letting me know  
how superior she is

it doesn't matter if I think  
that her behavior  
is evil or sadistic or tyrannical  
she simply acts like she doesn't care  
because she's "superior"

and so it would seem  
that this afternoon  
she was trying to have me believe  
that she is in fact  
some "superior" being  
that was created from one of my dreams  
20 years ago

I don't know  
personally.....I feel like she sounded  
a little less convincing with this one  
she sounds much more convincing  
when she's claiming to be Lucifer'd Lieutenant  
but I'll give her some credit  
for originality with this one

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7.

## CHANNELING WITH A VOICE RECORDER

It's almost an anniversary for me  
it was around this time  
back in 2015  
that the voices first invaded my life

I was opening doors  
I shouldn't have been opening

I was channeling  
with a voice recorder

not my brightest idea  
but there I was that Winter

connecting with.....communicating with  
the other side ?  
the unknown ?

all I know  
is that I was communicating with others  
not of this world

I sensed that they might be close  
but I thought that we were seperated  
but I didn't realize how wrong I was  
until suddenly  
they changed their demeanor  
and invaded my mind

yes .....that's exactly what it was  
and invasion.....an intrusion of the mind

voices that were invading my mind  
invading my life  
for they were with me  
every waking moment

yes.....it was around this time  
back in 2015  
that the voices came out of the recordings

this was no hallucination  
I am certain of that  
but whether you.....the reader

8.

is your own decision

I would just say  
be mindful.....be cautious  
leave these hidden doors closed

channeling with a voice recorder  
is not without its risk

I learned this lesson the hard way

spare yourself this lesson

for if you seek to hear  
and communicate with mysterious voices

some mysterious voices may oblige you

and they may find their way into your mind  
into your life  
through the doors that you have opened

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- 2/23/2021

## OPINION ABOUT LAST NIGHT

Last night wasn't so bad  
I fell asleep before too long

I just remember  
hearing a few whispery voices  
saying my name

I was a little disturbed  
by it at first

that old unsettling feeling  
came back to me

that old "this is real" feeling  
that old "how can this be real?" feeling

that old in my face  
with the reality of it all feeling

but luckily  
the feeling didn't  
last very long last night

and before too long  
I was fast asleep

and this morning  
I'm of the opinion  
that it wasn't so bad last night

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- 2/24/2021

## A ROUTINE OF ATTRITION

I stopped messing around  
with doing EVP recordings back in 2015  
after some of the voices  
I had been communicating with  
basically attacked me

their main weapon  
was their voices and their continual presence  
and I mean continual

they wouldn't let up  
they didn't slow down  
they didn't take breaks  
or take days off

it was a constant  
around the clock  
bombardment of voices

and they came up with  
some pretty clever things  
to say to mess with my head  
and they messed with my head really good  
they knew exactly what they were doing

and I didn't know  
what the hell was going on  
who they were  
or what they were capable of  
so even if I was very suspicious  
of a lot of it  
I didn't know what to think  
and it still messed with my head

and add to that  
they were really fouling up  
my sleep routine bad

every night.....just to get to sleep  
it was like I had to run the gauntlet

11.

through their constant chattering  
and other forms of harassment  
and there were certainly other forms

they would cause me to feel  
these intense bodily sensations

often I would feel something  
clinging to me  
or moving around on me

sometimes I would feel jabs  
coming up through the mattress

sometimes I would hear a voice  
that seemed to be speaking  
right through my pillow  
directly into one of my ears  
and this caused me to do a lot  
of tossing and turning

and they had all sorts  
of devious tricks and tactics  
to mess with my sleep

this is where they really  
utilized their advantages  
such as needing no rest  
they just kept with it  
continual harassment

and there were many nights  
when I couldn't get to sleep for hours

and there were many nights  
when I couldn't get to sleep at all  
and I'd really be hurting at work the next day

some nights I would take  
a lot of sleep-aid  
just to try and knock myself out  
so that I didn't have to deal  
with this more than bizarre aggravation

12.

but the thing with that is  
often it seemed that it hadn't  
worn off yet by morning  
so I'd start my day in a mental fog

and it went on like this  
day after day  
a routine of attrition

well...I'm still dealing with this kind of thing  
up to this day

I don't hear as many voices now  
they left as if time  
just faded them away  
but there's a few that still  
seem hell-bent on being an intrusive presence

and I still run the gauntlet  
of their nightly chattering  
now and again  
but it's not nearly as bad as it was before

time has desensitized me to them perhaps  
I just carry on and live my life  
their impact upon me is much less these days

I've observed their schemes and mind games  
I know what to expect now I suppose  
and their old bag of tricks  
just doesn't cut it like it used to

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- 2/24/2021

ATTACKED BY THIS VOICE.....THIS ENTITY

Last night I was attacked  
by this voice.....this entity  
the female sounding voice  
that says her name is Crystal

she threw the whole pallet of disturbances  
at me last night

her voice continually chattering  
shouts in my ears  
she hit me with a good number of those

and the physical-bodily sensations  
those were really intense last night

I also experienced  
one of those bad dreams  
that I highly suspect  
was no coincidence  
though I heard her voice deny  
that she was the culprit

there in the middle of the night  
in my dark bedroom  
I heard her voice say

"that was a really strange dream"  
"it wasn't Crystal"

but I still have my suspicions  
the dream had all the characteristics  
of one created or manipulated by her  
in some way  
it's just a feeling I get  
there's just this difference  
that one can often sense  
between a regular dream  
and one being manipulated by these entities  
at least that's my own personal belief about it

but that bad dream  
was only a small part  
of last night's troubling occurrences

the worst of it was from  
the bodily sensations  
and her shouting directly into my ears

I've said it before  
those shouts are like being punched by a voice

they're very quick.....sudden  
yet intense  
almost with a kind of violence to them

I was hit with quite a few  
of those last night

and I remember that  
the physical sensations became intense  
and stayed intense  
for quite a while

I remember thinking  
that I should get out of bed  
grab my sleep-aid  
and take a few more doses  
so that I would be knocked out  
and this attack  
would be brought to an end  
but I was frozen in place  
I just couldn't move

I was frozen  
in the in-between zone  
drifting a little towards sleep  
but awake enough to know  
exactly what was going on

eventually I fell sleep  
I'm not even sure about what time  
I'm not even sure how long the attack lasted  
it might have been a short attack  
it might have been a long one  
but I know this entity threw it all my way

15.

the ceaseless chattering  
an orchestrated bad dream  
and jabbing me in the back

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-2/25/2021

## THE VOICES ENTITIES AND THE GREAT SIMULATION

This afternoon  
I heard a voice saying something  
about humans living  
inside of a simulation

this caught my attention  
but its actually nothing new  
I've heard this same voice  
and other voices  
saying the same thing  
many times since this all began for me

yes.....these voices  
have talked to me before  
about how humans  
are living in a simulation

or I've heard them talking about  
how the reality  
that we think we live in  
isn't exactly real

I have heard so much cryptic  
and strange sounding stuff from these voices  
that it's generally a personal rule for me  
to take whatever I hear from them  
with a grain of salt

but I confess that I think about  
this simulation talk of theirs  
from time to time

and I've also had a few  
personal experiences  
that have made me wonder about such things

for example.....there's been  
a few occasions where  
I've awoken suddenly  
from one of these suspicious bad dreams

that I suspect these entities create  
and the first thing I see when I open my eyes  
is some kind of large computer or technology  
where the walls or ceiling  
of my bedroom should be

this strange sight will be there  
for a few brief moments  
and then it's like someone  
is closing a curtain and my room  
goes back to looking like it always does

it's strange.....very strange  
it's not as if the sight  
of these computers.....or electronics  
or whatever they were  
just disappeared in an instant  
no.....that's not how it was

it was like the image  
of how my bedroom usually looks  
closed up over it  
not at once.....but inch by inch

this hasn't happened to me just once  
but a few times

so while I do still take  
what I hear from these voices  
with a grain of salt

sometimes something that  
I hear them say  
will really get me thinking

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- 2/25/2021

HEARING VOICES AFTER SPIRIT COMMUNICATION : 2/25/2021

Just yesterday  
I stumbled upon a discussion  
on the internet  
on a forum pertaining  
to psychic phenomenon and such topics

a person had asked  
if there's a safe way  
to communicate with spirits

this individual believed  
that the spirit of a little girl  
was present in his home  
and was in need of help

I'm not sure about all the particular details  
that led him to this conclusion  
but he stated that he very much believed  
that this spirit present in his home  
was looking to him for help

however he wasn't blind to the fact  
that there were dangers involved  
with trying to communicate with spirits

so he posted on this forum  
and asked if anyone knew  
of a safe way to do this

I come across these kinds of discussions  
on the internet from time to time

if the person posting  
is directly asking about  
the possible dangers  
of this kind of activity  
sometimes I chime in

I try not to get into long discussions  
because it's often the case  
where someone will eventually come along  
and say that what I'm describing

19.

or schizophrenia

this has happened to me  
many times before  
it gets old.....but I understand it

I know that what I'm describing  
sounds really out there  
and it's really stretching the realm of belief

but I know that what I experienced  
and continue to experience is real

there's no way  
that I could be a skeptic at this point

and I've met so many others  
that have experienced the same thing  
I know that I'm not alone

but all the same  
I'm never really looking  
to get into some argument with skeptics

however if someone ask  
the simple yet important question  
"are there dangers?"  
"is it safe?"

I often just tell them  
what happened to me  
after I was communicating with spirits  
back in 2015

how it brought about  
this condition of hearing voices

if someone ask  
I feel compelled to answer  
I want to answer  
because I think back  
to when I was first starting out  
doing EVP recording in 2015

I didn't ask anyone  
about the possible dangers

I sure as hell should have  
but I didn't  
I was too naive  
and when I eventually did  
start hearing voices on my recordings  
and communicating with them  
at first they didn't sound hostile  
or menacing at all  
and I took that as a sign  
that everything was fine  
how wrong I was

but if I had been smart enough  
to ask some advice from people  
who at least had some level  
of experience with this stuff  
and if they had warned me  
about the possible dangers  
if they had warned me  
that the voices may not  
stay confined to the recordings  
that the voices  
sometimes can come out of the recordings

if I had known about what could  
possibly happen  
if I was given an example like this

then events might have unfolded differently  
maybe I would have decided  
that it's not worth such a risk  
and I would have avoided  
the paranormal nightmare  
the living nightmare that I experienced

maybe.....but I never did ask anyone  
such questions

yet the other day  
when I saw this person  
asking about the risk  
I found that someone  
had already come along  
and explained to this individual  
the danger involving hearing voices

21.

but I was encouraged to see  
that someone spelled it all out

now at least the guy  
who was asking  
knows about this risk

he's already better informed  
than I was back in 2015  
when I first decided  
to pick up a voice recorder  
to speak to the other side

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- 2/25/2021

## RECORDING YOURSELF SLEEPING & EVP'S : A DANGER

Just within the past few months  
I've stumbled upon  
quite a few accounts online  
where people have described  
how they captured mysterious  
and unexplained voices  
on recordings that they had made  
while recording themselves sleeping

some were recording themselves at night  
because they were having trouble sleeping  
or things along those lines  
and they were just doing  
a little investigating on their own

the last thing that they expected  
was to find mysterious voices  
on these recordings  
voices they could not recognize or explain

others came along  
and commented  
that there must be  
some kind of "normal"  
logical explanation

but these people knew  
something didn't seem right here

some were tempted to investigate this further  
and this is where  
the path to danger is revealed

after I was attacked  
by intrusive and tormenting voices  
after I had been doing EVP sessions  
for a couple of months in 2015

the very first other account

23.

that I came across  
that resembled my own  
was from a guy  
who described being attacked  
and tormented by voices  
after he had been recording  
himself sleeping for a few weeks

for myself  
I have no doubt  
that recording at night like this  
can lead to a bad situation

if one is having trouble sleeping  
or something like that  
it's probably best  
to find some other means  
to examine and resolve the problem

because recording yourself  
at night while you're asleep  
could very well lead  
to a much bigger problem

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-2/26/2021

## A PERSONAL VENDETTA

About an hour ago  
I was sitting here  
in my living room chair  
reading a book  
and I could feel the presence  
of this entity attachment  
jabbing me through the cushions

it was the one that I hear  
as a female voice  
the one that calls herself Crystal  
I know it was her

as far as I can tell  
Crystal is the only spirit  
or entity .....????  
that is still attached to my life

Crystal is the only voice  
I still hear day to day

there were many more voices  
in the beginning  
but they gradually faded away  
one by one  
yet Crystal remains

she was always  
one of the more extreme ones

since this all started  
its always seemed  
like she has some kind  
of personal grudge against me

in fact.....I've even heard her say  
on many occasions  
that her harassing me like this  
is "a personal vendetta" for her

I don't know why she feels this way  
in the past I've tried to figure it out  
but I soon enough learned

much figuring out of anything  
regarding Crystal

she's a mystery and an enigma  
many times over

just when I think  
I've gained some kind  
of insight about her  
it all turns to dust

she keeps wearing different mask  
and I mean that metaphorically  
as she's invisible  
I can't really see her

but you better believe  
I can hear her voice  
and feel her presence

she's a mystery  
a mystery with some kind  
of personal vendetta against me  
but she's very real  
and all the others out there like her  
are very real  
and they are certainly out there  
and if you don't believe  
in these kinds of things  
well.....maybe that's for the best  
I just don't know  
but I'd say .....enjoy the bliss of ignorance

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- 2/26/2021

## A BIG INVITING TARGET

It's almost midnight  
I'll be going to bed  
in about twenty minutes

how the night is going to go  
well.....I guess that's  
a flip of the coin

last night was pretty easy  
this entity voice  
only shouted in my ears once  
that's not so bad

on worse nights  
I'll get hit  
with a dozen or so shouts

it's a devious tactic  
meant to deprive me of sleep  
that's why this entity uses it

I get it.....I understand  
the strategy behind it

sometimes I have to get out of bed  
and take another dose or two of sleep-aid  
hoping to just be knocked out quickly

this is something  
you might not hear too much about  
in regards to spirit attachment  
or entity attachment

how the nights can be rough  
how your sleep routine  
is a big inviting target  
how these entities have the advantage  
that while you're trying to fall asleep  
they're certainly not.....they don't need to

27.

they don't have to sleep  
they can just keep on  
trying to create disturbances

well.....all you can do  
is do whatever you can

find something that helps.....anything

you can't take chances  
when it comes to sleep

sleep-aid  
ear plugs  
listen to music  
a glass of wine  
whatever helps  
to send you off to sleep

the more sleep they take from you  
the more strength is given to them

they know this  
they go after this  
they'll try and make this happen

do whatever you can  
to thwart the bastards

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-2/26/2021

## HIJACKED CLAIRAUDIENCE OVERLOAD

I saw an account online  
this morning  
by a guy who had recently  
taken up EVP recording as a pursuit

he said he believed  
that there were numerous spirits  
around him  
and that he believed  
that they wanted his help  
in crossing over to the Light

I've seen this kind of post before  
I usually don't have much  
to say about them

after all ..... we all have  
our own beliefs about things  
about spiritual things  
even if that belief  
is believing that they don't exist  
that's a belief to isn't it?

so I usually don't comment very often  
when I see a post like this online  
but something about this one  
grabbed my attention

this guy mentioned  
that he had been doing  
a lot of EVP recording sessions recently  
trying to communicate with these spirits  
that he believed wanted his help

he went on to say  
that he was hearing  
a lot of the voices  
asking him for his help  
but he also said  
that some of them  
weren't all that friendly at all

and that they have begun  
messing with his sleep  
sometimes keeping him awake  
half the night

some of this sounded  
very familiar to me  
for I to have lived it  
and continue to live it

I chimed in this time  
and commented that he needs  
to be extremely careful here

I told him that if  
he's starting to perceive these spirits  
especially the "not so friendly ones"  
then this is not a good sign

I gave him a brief run down  
of what happened to me  
about how I was doing a lot  
of EVP sessions back in 2015

I told him that at first  
everything seemed fine  
it was a very fascinating experience  
but a few weeks later  
I started to hear "negative voices"  
and just like he had mentioned  
these voices were not so friendly

I told him about how I to  
was hearing voices back then  
on my EVP recordings  
that they were asking for me to help them  
and this only led me  
to try and investigate things further  
and do more and more recording sessions  
and listen to these recordings intensely  
straining my hearing  
to hear deep down into the recordings

I told him about how  
by the end of the second month  
of doing sessions

I began to hear these voices  
mainly the negative voices  
outside of the recording sessions  
how I began to hear them constantly  
how it was like some kind of  
hijacked clairaudience overload  
and how after getting blindsided by all of this  
it took a long time  
for me to get back on my feet

I wasn't trying to scare the guy  
but just from what he described  
of what he's been experiencing recently  
I felt compelled to warn him  
of this potential danger

voices ravaging the mind  
clairaudience out of control  
attachment .....no doubt about it

and these "not so friendly ones"  
they have all kinds of tricks and ploys  
for luring someone in  
they know the art of deception  
and they know it well

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- 2/27/2021

31.

## LUCY

Back in February of 2015  
back when I was still doing  
a lot of EVP recording  
back when things with this  
first started to take  
a strange and disturbing turn

I began to notice  
the presence of this very strange voice  
on a number of my recordings

in a way it sounded  
like a female voice  
but there was just something off about it  
it sounded to me more like  
a man pretending to speak  
in a woman's voice

this voice told me  
that her name was Lucy

at this point  
the trickster voices  
were just starting to show up  
on my recordings

I was a little apprehensive  
of them at the time  
but I had yet to experience  
anything too unsettling  
unknown to me then  
that was just around the corner

so even though I could sense  
that there was something a bit strange  
about this "Lucy" voice  
at first I didn't think much of it

and then as the days went by

it became more apparent to me  
that these negative voices  
were becoming more and more  
of a presence on my recordings  
that this whole other group  
was now there every time I did a recording session  
and they were becoming more and more  
of a problem for me

it started off as a few rude comments  
a little profanity here and there  
then some personal insults thrown at me  
and finally some threats

I didn't know where this Lucy voice  
fit into all of this

she wasn't the most outspoken voice  
not at all  
but I suspected that she might have been  
connected with this negative group somehow  
but I didn't know in what way

to the best of my recollection  
I don't recall this Lucy voice  
ever insulting me or threatening me

no.....with Lucy  
it was more the way her voice sounded  
that left an uneasy impression on me

sometimes at the start of a recording session  
I would ask who was present  
and I'd hear her voice reply  
"it's Lucy"  
there was just something very eerie  
about the way that Lucy's voice sounded

now fast forward a couple of months  
to April of 2015

I was now hearing these negative voices  
on a constant basis around the clock

I had stopped doing EVP sessions  
once this had first started

it kept getting worse by the day  
and yes.....it would get worse  
before it got better

but that month  
I was being hit by a full voices onslaught  
a voices blitzkrieg  
clairaudience hijacked and turned against me  
as a form of psychological torture

my life....my world  
everything was falling apart  
I was being swept up  
in some kind of paranormal psychosis  
some kind of EVP psychosis

and during those dark days  
I vividly recall  
these tormenting voices  
saying to me that  
"Lucy was really Lucifer"

at that time  
when the shit was really hitting the fan  
I hadn't thought about this Lucy voice

Lucy's voice did not seem to be  
one of the voices  
that was now tormenting me

but when the voices  
that were now tormenting me  
told me that Lucy was really Lucifer  
I knew who they were referring to  
I remembered Lucy from my EVP recordings  
and the eerie way her voice sounded  
when she said "it's Lucy"

\*\*\*

-2/28/2021

## EXISTENTIAL DREAD ON THE BACK PORCH

Back in the Spring of 2015  
back during the worst days  
of the voices blitzkrieg  
I remember one morning  
sitting out on my back porch  
smoking a cigarette  
and I was thinking that this was it  
that my life  
at least how I had known it  
was pretty much over

I felt that with the way things were  
I wouldn't really be able  
to function anymore  
I didn't see how I could  
the voices were coming at me so relentlessly  
that I could hardly keep my focus on anything

I thought that this was pretty much it  
that this was pretty much the end of the old me  
that from now on  
I would just be a kind of broken shell  
of my former self

I just couldn't see beyond the horizon here  
so far.....things just seemed  
to steadily be getting worse  
so I thought that this is what fate  
had dished out to me

yes.....I remember sitting on my back porch  
that Spring morning  
with those kinds of thoughts going through my mind

but as it turned out  
I was very wrong about this

the nightmare did not keep  
getting worse and worse

not long after that morning  
of existential dread  
there on my back porch  
things began to happen  
things that would make  
a difference in my situation

I began to find and talk to others  
who had gone through similar experiences

I knew then  
despite what these voices might say  
that I wasn't alone in this

and then as time went on  
it really began to hit me more and more  
that so much of what I was hearing from these voices  
was just lies.....deception  
mind game talk.....so much of it  
that their words stopped carrying  
any meaning to me  
and so I wasn't as effected by them  
nearly as much anymore

when I heard the voices speaking  
if the content of it got through  
I wasn't disturbed or frightened by it  
in any way now  
my first thought  
was that it was probably just another lie  
why should I place importance in it ?

and so the strength of the voices  
began to fade and fade  
because their words had no power anymore  
they were simply a strange noise in the atmosphere

\*\*\*

- 2/28/2021

## HIJACKED CLAIRAUDIENCE : A POSSIBLE SCENARIO

It can sure hit you heavy  
when you first start  
hearing the voices like this  
on the recordings

it's like you're hearing  
into some other world  
some other dimension  
and I suppose.....you really are

they can see you it seems  
but you can't see them  
yet it reaches a point  
where you can hear them so clearly  
so many voices  
all around you.....surrounding you  
but where are they?

and at first things may seem  
benign enough..... even very benevolent  
and you get to feeling  
like you've made some kind  
of personal discovery here  
a connection to some great mystery  
and truly you have  
but the sense of curiosity  
an overwhelming fascination takes hold  
and you want to keep going.....keep recording  
not realizing at first  
how much its taken hold of you

then one day when listening  
to your most recent recordings  
you might notice a voice or voices  
ones that seem new and a bit different  
you might hear a comment  
or a few comments  
that seem out of place  
with how your experience with all of this  
has been so far

these comments might be something rude  
an insult.....or something critical and judgmental  
and you're wondering where the hell did that come from?  
up to this point you had not been hearing  
any kind of insult  
or derogatory statement from these voices

you might brush it off initially  
thinking it an odd isolated incident  
but then.....it happens again.....then again  
insults.....mocking statements.....judgements  
even threats

the nature of your recording experience  
begins to change  
you definitely now perceive  
that there is a new element  
present on your recordings  
.....negative voices  
and their presence on your recordings grows  
the more you keep recording  
and as the days go by

that strong sense of curiosity and fascination  
with the whole experience is still there  
so you want to keep going  
you want to keep recording  
but every time you do  
those negative voices are there

and then one day  
you may have a very unsettling experience  
you might hear these negative voices  
these same negative voices  
only this time  
you're hearing them  
when you're not recording  
you're hearing them beyond the recordings

and before long  
you're hearing them more and more  
this may be the phenomenon of clairaudience  
that you've heard about  
only it's not the clairaudience  
that you envisioned

this clairaudience isn't any kind of spiritual gift  
it's more like a nightmare

and you may quit doing recording sessions  
but unfortunately you find  
that these intruding voices remain

they remain and they proceed  
to invade your life  
to invade your mind  
to wreak havoc on your sleep  
to bombard you with nightmares

and you may not believe that this is happening  
but there it is each day  
you are thrown into it each day  
like being thrown into an arena of cruelty

and these voices will try  
and tear you apart  
shatter you into pieces  
they will tell you stories  
and they will tell you riddles and lies  
like you never could have imagined

and the mind will be the battlefield  
where they will want you to believe them  
yet the choice will remain yours

you do not have to listen to them  
you do not have to believe them  
you do not have to be dominated by them  
you can take their power away from them  
for their power is based on illusion

\*\*\*

- 2/28/2021

## WARNING SIGNS AND RED FLAGS

I often look back on how  
this whole attachment situation  
started for me

this was back  
during the Winter of 2015

I know that there were a lot of things  
that I could have done  
in a different way  
in a different manner

of course  
never picking up a voice recorder  
with the intention  
of communicating with spirits  
would have made the most difference

but in this instance  
I'm thinking about other things  
warning signs  
red flags that I missed  
once my recording experiments  
were already underway

there were a lot of them

one was how intense things became  
so quickly

within about a week  
of capturing my first EVPs on recording

my recordings seemed  
to become mysteriously  
alive with voices

it was as if suddenly  
as veil had been lifted  
and I was now hearing

into another world

this turn of events  
filled me with curiosity and fascination

things began happening

very quickly

developments were happening  
faster than I could process them  
in my head

I felt like I  
had made a wonderful discovery  
I could hardly believe  
that this was happening

I could hardly believe  
how easy it was  
to hear and to communicate  
with these voices

and these voices  
how it came to be  
that I could hear  
so many of these voices  
and hear them so clearly

and it was all  
going to my head  
the curiosity.....the fascination  
the feeling of experiencing  
something very powerful and benevolent

and recording and communicating  
became essentially  
a nightly routine for me

and then.....after a little while  
the situation began to change  
I was still hearing the voices  
very clearly on my recordings

41.

I was still hearing a great number  
of voices it seemed  
only a good many of them  
didn't seem quite so friendly anymore

a good many of the voices  
became openly hostile

and soon after  
the real nightmare began

I started hearing these voices  
beyond the recordings

and that's a whole other story  
in itself  
but I just wanted to say  
that there were warning signs  
red flags .....and signs of danger  
back in 2015  
but I was too inexperienced  
I was too much of a novice  
to recognize them

one of the biggest ones was  
how things became  
so intense so quickly  
like how within the span of one week  
I went from hearing nothing  
to my recordings becoming  
alive with voices

at the time  
I thought that this  
was something remarkable  
I thought that hearing these voices  
was such a powerful and fascinating experience

a few short weeks later  
I was praying  
for but a single hour  
of silence

\*\*\*

- March, 2021

**"THAT'S CRYSTAL"**

Last night  
once I got into bed  
and I was just waiting  
to fall asleep

I was feeling a very strange sensation  
down on the right side of my body  
it seemed quite solid  
quite materialized

I knew right away  
that it was this entity attachment  
the one with a female voice  
and who tells me her name is Crystal  
I knew it was her  
I could hear her voice  
faintly chattering

and besides  
all of this  
this strange sensation  
this all had her fingerprints on it  
this is the kind of thing  
that she does often

I began to feel  
what seemed like a little hand  
or arm or leg or tail  
or something  
I don't even know  
I find it difficult to describe

but it was very much there  
very much solid.....materialized  
very unmistakable

and for me there was no doubt  
that this presence was Crystal  
and I asked "what was she doing?"  
and for once  
she didn't give me  
some unpleasant answer  
like saying "I'm draining your energy"  
she simply said "that's Crystal"

## THE GAUNTLET OF VOICES : 3/6/2021

Last night  
as I lie in bed  
waiting for sleep to arrive

I was hearing a lot of voices  
more than usual

I wondered what  
the hell was going on

why this gathering  
here in my dark bedroom  
probably sometime  
just after midnight

what was this about?  
why did it seem  
like more voices had returned

things had been  
starting to become  
a bit calmer at night recently  
or so it seemed

but I wasn't fearful  
or apprehensive  
or anything like that

I've been down this road before  
I'm no stranger to it now

sometimes  
silence and sleep  
come on fairly quickly

other times  
I've got to run the gauntlet

that gauntlet of voices  
but I'll run it  
I'll run it without fear or apprehension  
for I know what lies beyond is worth the price  
\*\*\*

I HAD ESCAPED FOR A TIME

There goes a voice  
calling my name  
at one in the morning

I've got to get to sleep  
enough for one day

no reason to linger awake  
listening  
to this most mysterious chatter

a bit of extra sleep-aid then

now afternoon  
the morning was lost  
in the grip  
of a death-like sleep  
and a hazy fog of broken thoughts

a more knocked-out sleep  
not so much restful  
the sunlight hitting me  
like the sound of a tolling bell

I remember little of last night  
I remember hearing  
only a few voices  
and then it went dark

like a celestial fountain of oblivion  
I had escaped for a time  
hearing the voices  
of those who speak and listen  
those who want of me.....subjugation  
and if even having achieved this  
would still talk with venomous words

\*\*\*

## COLD BEER

The voices couldn't  
sting me much  
after a few beers

its all I had in the beginning  
its all I had to numb myself

it certainly wasn't ideal for me  
at that age  
it felt like  
I was slipping backwards  
but at that moment  
I could see no path forward  
I wasn't certain  
that there would even be one

so I just wanted to numb myself  
numb my mind  
numb my thoughts  
numb everything that I believed in  
because I didn't know  
what was happening to me  
I wasn't sure what these voices  
these spirits  
wanted or were about  
but it didn't seem  
promising to me  
so I just wanted to be numb to it

like a kind of survival instinct  
I drank the cold beer each night  
during that springtime  
by day the voices were hacking away  
at what was left of my sanity  
yet by night.....by night I was numb  
drinking my cold beer in the moonlight

\*\*\*

-3/7/2021

## REMINDERS

I got into bed  
around two o'clock this afternoon

I was planning on going out  
at around three o'clock

I was feeling very tired  
I hadn't slept well  
the previous night

so I got into bed  
just intending  
to rest my eyes  
for a little bit

I started to drift off  
towards sleep

and then the physical sensations  
started up  
the unmistakable physical presence

then I heard the voice  
and the voice was speaking to me

and once again  
I was reminded  
of just how real this all is

I mean I have such experiences  
all of the time  
every day in fact

but sometimes  
it just hits me harder  
and I try to put it into perspective  
and I'm left with no other conclusion  
for me there are  
only these reminders

\*\*\*

-3/7/2021

## A FOG OF THE MIND

I was feeling  
in a mental haze  
a fog of the mind  
for most of the day

I recognized the symptoms  
I knew it was a result  
of taking too much  
sleep-aid the night before

it's more or less  
an essential routine for me  
what can I do?  
without it the voices  
would probably keep me awake  
half the night or longer

in fact....its been two years now  
since the voices  
caused me to lose  
an entire night of sleep

the last time it happened  
it was a memorable experience  
in a very bad way

the entire next day  
I was hurled back  
down the rabbit hole

for that entire day  
the voices were as bad  
as strong as they were  
during the nightmarish days  
when this all started for me

and that day  
things only subsided  
after I went out

and got some more sleep-aid  
and managed to get  
a decent night of rest

since then  
I've been reluctant  
to take any chances

I've been quite reliant  
on the sleep-aid

yet there's a price to pay  
when things like this occur

some days  
it seems it doesn't wear off  
for quite some time

and a fog envelopes my mind  
and the day seems lost in a haze

yet what can I do?  
when the choice is between  
a fog of the mind  
or the rabbit hole of voices

\*\*\*

- 3/7/2021

THE FIRST THING YOU REMEMBER

Tonight  
while I was out  
on my porch  
smoking a cigarette

I heard the female voice  
the main intruding voice  
the one that calls herself Crystal  
say to me

"what is the first thing  
that you remember from this morning?"

this is something  
that I hear her say  
every now and again these days

I'm quite certain  
that she is here  
reciting a line  
from a movie that I like  
and watch from time to time

Rosencrantz and Guildenstern are Dead

one aspect about the movie  
that strikes a chord with me  
is that the two main characters in the film  
Rosencrantz and Guildenstern  
are in the end  
baffled by and left  
with little explanation  
of the fate that befalls them

this lack of an explanation  
is something that I think about  
quite often  
when reflecting upon  
my own situation  
with hearing these mysterious voices

I believe that Crystal  
understands this perfectly well  
and quoting this line  
from the movie

is her way  
of giving me a reminder  
that a good.....solid explanation  
lies beyond my grasp

and so tonight  
when I heard her voice ask  
"What was the first thing  
that you remember from this morning?"

I answered her with just a thought  
"it's probably hearing your voice"

\*\*\*

- 3/8/2021

TYPICALLY

Last night  
as I lie in bed  
I remember feeling  
the physical presence  
of this entity attachment

it was unmistakable  
as it typically is

this strange presence  
was there alright

I felt it down  
on the lower right side  
of my stomach area

I didn't exactly  
know what it was doing  
but I felt it there

then I heard its voice  
not very loud  
but clear enough

I kept calling out  
just in my thoughts

"please go away.....just let me sleep"

yet the presence remained  
as it typically remains

I still wasn't exactly sure  
what the presence was doing

but you better believe  
it remained  
as it typically does

\*\*\*

"GO BACK!"

There were so many red flags  
and signs of danger  
back during the Winter of 2015  
back when I was recording for EVP  
back when I was meddling  
with the hidden and mysterious  
boundaries of our so called reality

for one thing  
I heard a powerful and commanding  
voice on one of my recordings say  
"Go Back !"

I didn't know what that meant back then  
and I didn't even think about  
what it might have meant  
so the warning was lost on me

and I kept hearing  
more and more voices  
on my recordings.....by the day  
and I could hardly believe  
how easy it was becoming  
for me to hear and communicate  
with these voices

and then after a few months  
I really wished  
that I had never recorded  
and spoke to the voices at all  
because by that time  
some of those same voices  
were talking to me all of the time  
day and night there was a bombardment  
of ceaseless chattering voices  
and by then.....most unfortunately  
I no longer needed any kind  
of voice recorder to hear them  
no.....by then I was hearing them  
all of the time

and I thought back  
to that day when I  
did a recording session

53.

say "Go Back!"

I didn't know what  
that voice had meant back then  
but I was quite certain  
that I knew what it meant now

\*\*\*

3/10-11/2021

IT'S TOO LATE NOW FOR TONIGHT

It's almost midnight  
and I'm just sitting here  
intentionally waiting  
to become very tired

I have no sleep-aid tonight  
I'm all out  
I was a bit careless  
with my money this week  
and didn't buy enough to last

I'll pick up more tomorrow  
but it's too late now for tonight

perhaps I will have to  
face a storm of voices tonight

run the gauntlet  
in this familiar dark room

the real voices  
the astral voices  
the voices of others  
not of this world  
yet so close to me tonight  
as always they are  
just beyond the thinnest veil

how will it be tonight  
when I lie down to fall asleep  
attempt to fall asleep.....to try

will whole hours be lost?  
brought back from the very edge  
of sleep by the voices  
over and over

the voices speaking  
right up to my ears  
or from across the dark room

I can hear them  
so clearly I can hear them

there is no one there to be seen

yet I can strongly sense their presence  
feel their presence

so how will it be tonight  
when I am most vulnerable

will they attack me  
or will they not become excessive  
in bombarding me with chattering

speaking and speaking  
lies.....riddles.....and condemnations

is it too late now for tonight

it's almost midnight  
the room is very dark now  
I do not know  
if the Moon is risen

will I reach the shores of sleep  
or will I stare at these walls  
hearing these voices  
in insomnia's prison

\*\*\*

-3/11/2022

ATTACKED BY THE VOICES ENTITIES : 3/12/2021

I was attacked  
by the voices entities last night

I had run out of sleep-aid  
and decided to chance it

I was a bit worried  
that this would happen

yet for some reason  
I was hopeful that it wouldn't

I guess in a situation like this  
being hopeful  
can often be  
a double-edged sword

or perhaps  
like juggling daggers

but it certainly did happen

it was one of those nights  
when it was very clear to me  
that I was being attacked

the intrusions were intensified  
everything was escalated

as I lie there in bed  
I felt a physical presence  
grabbing at me and jabbing me

and there was a ceaseless  
barrage of voices

and at one point  
I heard a shout

directly into one of my ears  
a male voice  
not one that I recognized  
as hearing before

this was one of the strongest  
shouts that I've experienced  
in a long time

it was as if it sent an echoing  
shockwave through me  
it startled the hell out of me  
but then of course  
that's what these shouts  
are intended to do

and I lingered there  
in that state between  
being awake and being asleep  
experiencing the harassment

maybe it went on for only minutes  
maybe it went on for hours  
it seemed more like hours  
but I just don't know  
I lost all perception of time

and the moments  
eerily seemed  
to be repeating themselves  
over and over

and at some point  
I fell asleep  
and it was over for the night  
it was over this time  
until the next time rolls around

\*\*\*

## THAT DARK ROOM

Tonight  
won't be as bad  
I believe

I don't think  
the voices  
will keep me awake  
half the night  
like they did last night

I'm much too tired now  
for a repeat  
of last night to occur

yet I just never know  
how things are going  
to go once I enter  
that dark room  
and lie down to sleep

these voices need no sleep  
so that gives them an edge  
it's always given them an edge  
for as long as I've been  
dealing with them  
I need sleep desperately  
once I lie down for the night  
in that dark room

and tonight I believe  
I'll fall asleep quickly  
all that deprived sleep  
from last night  
is catching up with me  
and I can barely  
keep my eyes open

I suspected that last night's troubles  
won't spill over into tonight  
yet in that dark room  
in the middle of the night  
it seems like all is fair to them  
\*\*\*

I CUT IT LOOSE

Back in 2019  
I quite suddenly decided  
that I was just going to  
let go of it

I was going to let go  
of the anger  
and feelings of animosity  
that I held towards these voices

the bitterness  
was like a dark root  
that was spreading  
within my very soul

now I understood perfectly well  
why I possessed these feelings

these voices have been tyrannical  
judging and condemning  
merciless and indifferent

yes....I don't blame myself  
for letting this bitterness  
swell inside

yet I began to clearly see  
that these feelings of animosity  
were more destructive to me  
than they ever would be to them

all I was doing  
was going about my life  
filled with this bitterness

and I was handing them a victory  
a triumph over me

if I let these voices

fill me with anger and rage  
bitterness and hatred  
then I have given them  
what they want  
I have fallen into their trap

I began to see this so clearly  
back in 2019

I had fallen into their traps  
much too often  
so I decided to just let it go

cut loose the anger  
cut loose the bitterness  
free myself of this rot from within

from then on  
I would not follow  
what they expected  
and wanted from me

I would not resist them  
with anger

I would resist them  
with calmness and serenity

I would deprive them  
of their victory

I replaced the dark root  
with a seed of light

and from then on  
ever brighter were my days

\*\*\*

- 3/13/2021

IN THE LATE HOURS : 3/13

In the late hours  
I hear this astral voice speak

riddles  
lamentations of confusion

oracles of lies

before I fall asleep  
my ears receive

these messages  
of an ancient ruse

yet I keep  
some conciliation  
as the moonlight shines  
beyond the window

fainter and fainter  
they grow

the whispers  
of this invisible one

\*\*\*

- 3/13/2021

WHERE ARE YOU ?

Those who cast away and banish  
evil spirits  
where are you?

those who exorcise  
who expel the fallen angels  
where are you?

those with bountiful knowledge  
of the most hidden things  
where are you?

those that can heal remotely  
from far away  
with words.....prayers  
with intentions  
where are you?

where are you  
healers of the light

when the night is dark  
when the intruding voices speak

those with power  
over such mysterious things  
where are you?

those who project an energy  
of benevolence  
like a shockwave  
clearing all malevolence  
in your path  
where are you?

where are you  
visionaries  
of the radiant light  
of sanctuary

\*\*\*

### THE QUIET MOMENTS

I find that now  
I savor the quiet moments

the moments when the voice  
is not present  
or hardly present at all

I very much recognize  
those quiet moments now  
where before  
I can't say that I really did

I savor them  
rejoice in them  
contemplate the world  
and the whole of life in them

they are full of meaning  
for me now  
as they should be

as I have struggled  
long and hard  
to reclaim them

the quiet  
sacred  
blessed  
moments

\*\*\*

- 3/ 14/2021

2021